

## At the meeting

- \*Take written details of the incident
- \*Ask for notes to be taken so that there is a record of what is discussed and agreed
- \*Ask for a named contact at school for both your child and yourself
- \*Agree a plan of action with a time for a follow up meeting
- \*Decide if it is best for your child to attend
- \*If it is a serious incident it may be referred to another agency such as the police

## After the meeting

- \*Give the head teacher time to deal with the situation
- \*Keep in touch with the school (especially if the incidents continue)
- \*Keep your child fully informed of what is happening

## What if the bullying continues?

In most cases the bullying will eventually stop with the schools help. However, if the bullying continues and you are not happy with the way the school has dealt with it, then you should make a formal written complaint to the Chair of Governors and follow the schools complaint procedure.

*You can contact Parentline Plus for support and advice (see contacts list)*

## Contacts for Further Advice

**Childline** [www.childline.org.uk](http://www.childline.org.uk)  
Free 24hour telephone lines for children and young people: Telephone  
**0800 1111**

**The Children's Legal Centre**  
[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

Tel: **01206 872466**  
(Administration/publications)  
Tel: **01206 874807** (Education Law and Advocacy Unit) Education Law  
Advice Line: **0845 456 6811**

**Nottingham City Council Website**  
[www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)

**Parentline Plus**  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)  
[www.besomeonetotell.org.uk](http://www.besomeonetotell.org.uk) Tel: **0808 800 2222**

**Kidscape advice line**  
**08451 205 204** (10am-4pm weekdays)

**NSPCC** <https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/> **0808 800 5000**



Windmill L.E.A.D. Academy  
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# BULLYING ADVICE FOR PARENTS AND CARERS



## What is Bullying

*“Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally”*

It is important to know that anyone can be the target of bullying. Very often bullying takes place because of difference or a ‘perceived’ difference. This can be for lots of reasons such as age, disability, gender, race, religion/ belief and sexual orientation

Bullying can be:

### Physical Bullying

kicking, hitting, taking things, sexual assault

### Verbal Bullying

name calling, shouts of abuse, using threatening language

### Indirect Bullying

spreading rumours, being excluded from groups, intimidation, writing on walls

### Cyber Bullying

nasty text messages, emails, phone calls and through wide use of technology

**Bullying is not when two people have a disagreement or fall out over something. It is usually...**

**S** Several

**T** Times

**O** On

**P** Purpose

**S** Start

**T** Telling

**O** Other

**P** People



## What are the Signs?

Look for changes in your child:

- ⇒ Avoiding school
- ⇒ Appearing frightened of the journey to and from school
- ⇒ Deterioration in their work
- ⇒ Anxious, moody, withdrawn, quiet
- ⇒ Seeming unhappy but refuse to say why
- ⇒ Complaining of headaches, stomach aches or other illnesses
- ⇒ Having nightmares or sleeping difficulties
- ⇒ Arriving home hungry
- ⇒ Asking for extra money

Have you noticed them coming home with:

- ◇ Torn clothes
- ◇ Missing or damaged possessions
- ◇ Unexplained cuts/bruises

## How can you help? .

\*Give reassurance to your child (this is not their fault)

\*Talk calmly about what is happening (even though you may feel upset yourself)

\*Listen and take what is said seriously

\*Makes notes of what has happened (who, what, when, where)

\*Keep your child involved - it is important that they know what is happening and have a say.

\*Encourage them to report incidents to a teacher

\*Talk to the school

## Talking to School

Schools must have an anti-bullying policy that addresses all forms of bullying. It will make clear the measures that can be taken to respond effectively to bullying incidents whether inside or outside school. Schools have the power to impose a range of sanctions against pupils who are involved in bullying incidents outside school. The policy must include measures to be taken with a view to “encouraging good behaviour and respect for others on the part of pupils and, in particular, in preventing all forms of bullying among pupils” Schools have a duty to work with other agencies to safeguard and promote the well being of pupils .

- Tell the school about the incident .
- Arrange a meeting with school staff .
- Explain why you want the appointment so that they can investigate before the meeting .
- Give as much detail of the incident as you can – time, location, what happened, names of those involved including ‘witnesses’.

*It is important to record as much detail as possible straight after the incident as it is easy to get confused, upset or forget the sequence of events. Young children in particular will find it difficult to remember the detail of an incident after quite a short time.*

**If you want to have a confidential conversation with an independent body before taking any action you can ring Parentline Plus or Kidscape (see contacts list).**